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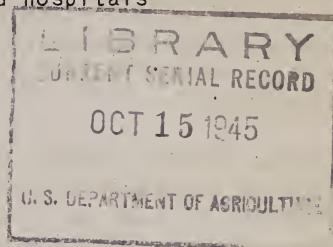


SERVING MANY

Food news for food managers in industrial plants, restaurants, hotels, and hospitals

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During the coming months when the meat supply will be limited and many cuts rationed, food service operators throughout the country must conserve every ounce of the available meat supply. To do this they must use the meat to the best advantage. This will require ingenuity in planning and skill in cooking.

Use proper methods of cooking

Proper methods of cooking must be used for each variety and cut of meat in order to make it palatable and to assure the largest serving yield. Shrinkage is kept to a minimum in meats cooked at low temperatures. They are more tender, more juicy, and slice more easily than meats cooked at high temperatures. In fact low temperature cooking is essential to make the most of meats.

Decrease shrinkage

A study of the effect of temperatures on the cooking losses was made on two paired legs of lamb weighing 5 pounds 2 ounces each. One lamb leg was roasted in a hot oven at 450° F., while the other one was roasted in a moderately slow oven at 300° F. The two roasts were cooked to the same degree of doneness as indicated by the internal temperature registered on meat thermometers. At the end of the cooking period the lamb leg roasted at the high temperature weighed 3 pounds 8 ounces -- a shrinkage of 1 pound 10 ounces. The roast cooked at the low temperature weighed 4 pounds 3 ounces after cooking -- a shrinkage of 15 ounces. Thus 11 ounces were saved by cooking the roast at the lower temperature.

The shrinkage in the roast lamb cooked at 450°F. was about 50 per cent more than that of the meat cooked at 300° F. The difference is represented largely by an increased loss of fat and water. When this fat and moisture are retained in the meat, it is possible to obtain more sliceable meat. The fat and moisture lost were paid for in money and in ration points. A saving of 11 ounces in shrinkage might increase the serving yield by as much as three additional 3-1/2 ounce portions.

Less tender cuts of meat also should be cooked at low temperatures by moist heat as in braising and simmering. They will shrink less and produce more appetizing products when they are cooked below the boiling point than when they are allowed to boil.

Use low-point, no point meats

This method of low temperature cooking applies to the Utility grade of lamb and veal. Because Utility grade meat is low in fat, more fat may need to be added in the cooking process. Meat drippings can be used here. When cooked properly, the Utility

grade of meat will provide a delicious stew or meat pie. It is well to remember, however, that Utility grade meat is not as rich in flavor as Choice grade. Dishes made of Utility grade may be improved when cooked with vegetables and seasoned with herbs and spices. Use celery stalks and leaves, chives, garlic, green peppers, onions, parsley, tomatoes, whole cloves, peppercorns, whole allspice berries, and bay leaves in savory combinations.

Use variety meats

The old adage -- if at first you don't succeed, try, try again -- is most appropriate here. Dishes made of variety meats are becoming more popular, as they are becoming better known. Stuffed heart, boiled tongue, and beef and kidney pie are notable examples.

Heart, liver, kidneys, tongue, sweetbreads, brain, and tripe are low point which are high in nutritive value. They supply extra minerals and vitamins to the diet. They may be used in a variety of dishes, and the ingenious food service operator who popularizes some of these dishes with workers will ease the strain on ration points.

Use meat extenders

Meat extender dishes will help to stretch the red points, too. Spread the meat flavor by serving stews with vegetables or dumplings, meat pies, patties, loaves, turnovers, croquettes, and baked hash; by serving meat scalloped with macaroni, noodles, spaghetti, or rice; and by serving it with dressing.

Conserve meat fats

Conserving fats is just as important today as making the best use of the available meat. Fats are not plentiful and require precious ration points.

Some ways in which to conserve fats are:

1. Use every ounce of drippings and rendered meat fats for frying, seasoning and shortening.
2. Trim excess amounts of fat from pork or beef before it is cooked. Try out this fat at a low temperature. Small amounts may be tried out in the top of a double boiler. Larger amounts may be melted in a steam-jacketed kettle.
3. Use the cracklings, the brown bits from tried out fat, to flavor and shorten cornbread and muffins.
4. Preserve fats used in deep-fat frying for use as long as possible by never letting them reach the smoking point.
5. Keep drippings and used fat in covered containers in the refrigerator so that they will not become rancid.
6. Clarify solid fats by heating them slowly with sliced raw potatoes for about 20 minutes. Then strain through cheese cloth into a clean container.
7. Clarify solid fats by adding 1 pint of hot water for each pound of fat and heating the mixture slowly for about 15 minutes. Stir well. Strain through cheese cloth and chill. Remove the layer of hardened fat and scrape off the dark material clinging to the bottom. Fat clarified in this way should be used promptly as it does not keep well.

8. Use fat cut from the meat or meat drippings for frying meats and fish, and for browning braised meat and brown stews.
9. Use drippings from ham, bacon, salt pork, and sausage for seasoning vegetables, frying potatoes, in scalloped and creamed dishes, and in stuffing.
10. Use melted bacon fat combined with vinegar as a dressing for wilted lettuce and other greens.
11. Use one-crust pies often instead of those with a double crust. Make latticed top fruit pies instead of those with a closed crust.
12. Feature deep-dish pies that require only a top crust.
13. Save chicken and other poultry fat and use it to flavor cream sauces and cream soups.
14. Try clarified pork fat for shortening gingerbread and molasses cookies.

Menus

Several menus for Lunch Specials which suggest how appetizing and nutritious meals may be planned by using meat extenders, meat alternates, and variety meats, are given below:

1.

Cabbage rolls
Hashed-brown potatoes
Green beans
Head lettuce salad
Enriched bread with butter
or fortified margarine
Fruit Betty
Milk

2.

Lamb stew with vegetables
Parsleyed potatoes
Red apple and celery salad
Enriched rolls with butter or
fortified margarine
Gingerbread
Milk

3.

Spaghetti with meat sauce
Steamed carrot strips
Mixed green salad with French dressing
Whole-wheat bread with butter or
fortified margarine
Custard pie
Milk

4.

Braised stuffed beef heart
Mashed potatoes and gravy
Baked Hubbard squash
Raw turnip sticks
Enriched bread with butter or
fortified margarine
Chocolate pudding
Milk

5.

Fried halibut steak with lemon
Baked potato
Fresh spinach
Cole slaw
Whole-wheat rolls with butter
or fortified margarine
Deep dish apple pie
Milk

6.

Scalloped veal and noodles
Buttered cabbage
Spiced beets
Cornbread with butter or fortified
margarine
Fruited gelatine
Milk

Cabbage Rolls

Ingredients

Amounts for 100 portions

Cabbage leaves (from about 6 heads of cabbage)	100 leaves
Ground meat, uncooked	20 pounds
Uncooked rice	4 pounds
Onion, minced	1 quart
Cooking fat	1/2 cup
Salt	4 ounces
Paprika	2 tablespoons
Hot water or vegetable juice	3 quarts

Number of portions - 100 cabbage rolls

1. Wash cabbage, remove core, and steam until the leaves are wilted enough to roll.
2. Cook the minced onion in the fat for about 5 minutes.
3. Mix the onion, salt, rice, and ground meat together.
4. Form the meat into loose rolls.
5. Place a roll of meat in the center of a cabbage leaf and roll it up. Place in baking pan, resting the roll in position to hold the leaf in place.
6. Add a little hot water or vegetable juice. Cover the pan and cook in a moderate oven at 350° F. for about 1-1/2 hours, or until the rice is tender.

FOOD BULLETIN

Tips on foods in plentiful supply throughout the greater part of the Southern Region this month.

CABBAGE

EGGS

GREENS (TURNIPS, MUSTARD, COLLARDS, SPINACH)

ORANGES

APPLE BUTTER, CITRUS MARMALADE, JELLIES

AND GRAPE, PLUM AND FIG JAMS

DRY MIX SOUP

SOYA FLOUR, GRITS AND FLAKES

WHOLE WHEAT FLOUR AND BREAD

MACARONI, SPAGHETTI, NOODLES

OATMEAL

NOTE: Check on locally produced fruits and vegetables that are available in good supply.

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